

Reflective Journalism and Nursing Profession

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"Maybe reflective practices offer us a way of trying to make sense of the uncertainty in our workplaces and the courage to work competently and ethically at the edge of order and chaos..." (Ghaye, 2000)

Abstract

Many academic disciplines are closely linked to real world situations and professions and, increasingly, work-based placements can be a valuable aspect of learning. Nurses are often required to reflect upon their practices, link their reflections to theories and communicate in writing an understanding of the connection between the reflection and theory. When you have identified the goals of your development, you will have a focus for reflection and subsequent actions. Working on personal and professional development need not be a chore if you have access to varied and informative techniques.

Keywords: Reflective Journalism; Reflective Journal; Reflective Practice; Reflective Writing; Reflection and Nursing Reflection.

Introduction

Reflective journalism is something that has made its way in to journalism practices. Reflecting on journalism has become a way to analyse areas of journalism, and peer-response through theory and practice journalism is one way to look at how reflective journalism operates.

Reflective practice occurs when you explore an experience you have had to identify what happened, and what your role in the experience was – including your behaviour and thinking, and related emotions. This, allows you to look at changes to your approach for similar future events. If reflective practice is performed comprehensively and honestly, it will inevitably lead to improved performances.

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What is Reflection?

Reflection is the examination of personal thoughts and actions. For nurses this means focusing on how they interact with their colleagues and with the environment to obtain a clearer picture of their own behaviour. It is therefore a process by which nurses can better understand themselves in order to be able to build on existing strengths and take appropriate future action. And the word 'action' is vital. Reflection is not 'navel-gazing'. Its aim is to develop professional actions that are aligned with personal beliefs and values. There are two fundamental forms of reflection: reflection-on-action and reflection-in-action. Understanding the differences between these forms of reflection is important. It will assist nurse practitioners in discovering a range of techniques they can use to develop their personal and professional competences

Reflective journalism is note books or pieces of papers that students use when writing about and reflecting on their own thoughts.

Aims and Scope of Reflective Journalism

- ☞ To develop an orientation towards open mindedness
- ☞ A willingness to accept responsibility for self-directed learning
- ☞ To promote critical thinking and reasoning analysis
- ☞ Reflection and generation of new knowledge in particular professions.
- ☞ It links between the reflexion and workplace station

Purposes

- ◆ To deepen the quality of learning among nurses
- ◆ To enable learners to understand their own learning process
- ◆ To increase activity involvement on learning
- ◆ To enhance professional practice in nursing
- ◆ To enhance personal value and creativity
- ◆ To provide alternative "voice" for those not good at expressing themselves

Steps in Reflective Practice

Reflecting on Your Life

Journal writing is a way of reflection on where you are going in different areas of your professional and personal life.

Journaling Your Goals

The journal is a place to reflect on your plans to see if your life is going in a right direction

Inspirational Reflections

Journal writing also helps you to gain new insights from the inspirational books, journal, internet etc.

Why is Reflective Practice So Important?

Reflective practice is important for everyone – and nurses in particular – for a number of reasons.

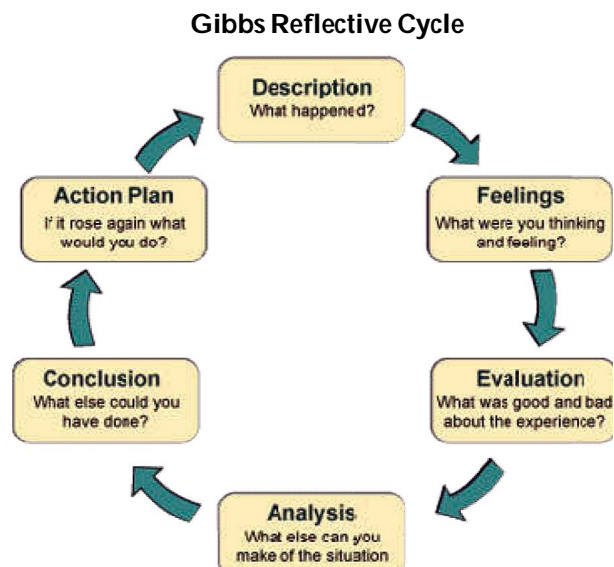
- *First*, nurses are responsible for providing care to the best of their ability to patients and their families they need to focus on their knowledge, skills and behaviour to ensure that they are able to meet the demands made on them by this commitment.

- *Second*, reflective practice is part of the requirement for nurses constantly to update

professional skills. Keeping a portfolio offers considerable opportunity for reflection on ongoing development. Annual reviews enable nurses to identify strengths and areas of opportunity for future development.

- *Third*, nurses should consider the ways in which they interact and communicate with their colleagues. The profession depends on a culture of mutual support. Nurses should aim to become self-aware, self-directing and in touch with their environment. They can only achieve this goal if they make full use of opportunities to gain feedback on their impact on patients, patients' families, their colleagues and the organization as a whole. Gaining this feedback involves using complex skills in detecting patterns, making connections, and making appropriate choices.

Cycle



Description

In this section, you need to explain what you are reflecting on to your reader. Perhaps include background information, such as what it is you're reflecting on and tell the reader who was involved. It's important to remember to keep the information provided relevant and to-the-point. Don't waffle on about details that aren't required – if you do this, you're just using up valuable words that you'll get minimal marks for.

Feelings

Discuss your feelings and thoughts about the experience.

Consider questions such as:

- ⇒ How did you feel at the time?
- ⇒ What did you think at the time?
- ⇒ What did you think about the incident afterwards?

You can discuss your emotions honestly, but make sure to remember at all times that this is an academic piece of writing, so avoid.

Evaluation

For your evaluation, discuss how well you think things went. Perhaps think about:

- ☞ How did you react to the situation, and how did other people react?
- ☞ What was good and what was bad about the experience?
- ☞ If you are writing about a difficult incident, did you feel that the situation was resolved afterwards? Why/why not?
- ☞ This section is a good place to include the theory and the work of other authors – remember it is important to include references in reflective writing.

Analysis

In your analysis, consider what might have helped or hindered the event. You also have the opportunity here to compare your experience with the literature you have read. This section is very important, particularly for higher level writing. Many students receive poor marks for reflective assignments for not bringing the theory and experience together.

Conclusion

In your conclusion, it is important to acknowledge: whether you could have done anything else; what you have learned from the experience; consider whether you could have responded in a different way. If you are talking about a positive experience...discuss whether you would do the same again to ensure a positive outcome. Also consider if there is anything you could change to improve things even further. If the incident was negative... tell your reader how you could have avoided it happening and also how you could make sure it doesn't happen again.

Action Plan

Action plans sum up anything you need to know and do to improve for next time. Perhaps you feel

that you need to learn about something or attend some training.

- ☞ Could you ask your tutor or placement supervisor for some advice?
- ☞ What can you do which means you will be better equipped to cope with a similar event?

Ideas (Writing Reflective Journalism)

- Write positive things happens in your life
- Record special occasions. E.g. If any person appreciated your work
- Write your own poems.
- Is there any decision you need to make or a path you need to take in your career.

Barriers of Reflective Journalism

- Time factor
- Professional arrogance
- Those who have the fear of criticism
- Do not see the value of reflective practice in the professional life
- Apathy an absence of emotion or enthusiasm in reflective writing
- Defensiveness e.g. if you are sensitive to criticism.

Nursing Implications

Reflection in Institution

- Evidence based practice
- Practising and utilizing new search
- Conduction of in-service education in the institution/ hospital
- Formulation of new policies to improve the standards in the organization
- Translation of research articles
- Replication and multi-site studies

Reflection in Nursing Education

- Curriculum innovation
- Avoid past mistakes happens in the life
- Develop existing professional knowledge base
- Make the best use of knowledge available to grow professionally

Benefits

Students

- It refines their thinking about subject issues
- It is therapeutic for them to express their feeling
- They can reflect on how they can learn
- It aids self-directed learning

Teachers

- Help to evaluate own teaching and planning both short and long term
- Valuing personal strength
- Viewing experience objectively
- Understanding and entering into another feelings.

Conclusion

The few practical approaches and techniques for reflective practice that have been discussed are far from being a complete guide to the process of

reflection. Much depends on factors such as motivation, time, career commitment and commitment to patients and their families. When you have identified the goals of your development, you will have a focus for reflection and subsequent actions. Working on personal and professional development need not be a chore if you have access to varied and informative techniques.

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